



A SHORT COURSE IN ANGER MANAGEMENT

Sermon by Ray Reynolds (6/20/10 - AM)

Text: **Matthew 5:21-23**

Introduction: Why is it so easy for us to get angry? When speaking about the seven most deadly sins, Solomon includes “anger” (**Proverbs 6:16-19**). I often remind people that “danger” and “anger” are only separated by one letter. What does the Bible say about anger? How should a Christian feel about getting angry and acting out in aggression? Let’s take a short course in anger management . . .

Discussion:

I. THE REALITY OF ANGER

- Common problem
- Common issues
- Common solution

John 2:12-24, Matthew 23:39, II Corinthians 7:11

II. THE RIGHTEOUSNESS OF ANGER

- Some anger is purposeful
- Some anger is practical
- Some anger is profitable

Proverbs 15:8, Ephesians 4:26, Ephesians 4:31

III. THE RECKLESSNESS OF ANGER

- Some anger is dangerous
- Some anger is deadly
- Some anger is devastating

Ephesians 4:26, Acts 26:11, Titus 1:7

IV. THE REPROACH OF ANGER

- Watch out for the judgment
- Watch out for the council
- Watch out for the hell fire

Proverbs 19:11, Proverbs 16:32, I Corinthians 4:13, Romans 12:17-21

V. THE RESOLVE OF ANGER

- Our passion can help us overcome anger
- Our perspective can help us overcome anger
- Our patience can help us overcome anger

Hebrews 10:30, Matthew 18:15-17, James 1:19-21

Conclusion: Are you struggling with anger? Are you stewing and worrying, allowing anger to burn inside of you? Are you ready to become more like Jesus? Are you ready to follow Him?

WORD OF THE DAY – “ANGER”